



Nov. 11, 2013

Island Insight



This publication is published weekly and contains information about, for, and of interest to the Island Workforce. This document is also available on the Island Intranet under "Information" and on the installation website at www.ria.army.mil under "About USAG-RIA" and then "News" and "Local News."

Island Insight Submission: <https://home.ria.army.mil/sites/ii/ii.cfm>

Sections:

- [Arsenal Traffic/Construction](#)
- [Building/Space Closures](#)
- [Active Duty/Reserve Zone](#)
- [Safety Spotlight](#)
- [Equal Opportunity Focus](#)
- [Morale, Welfare & Recreation \(MWR\)](#)



- [MWR Leisure Travel Office](#)
- [Child, Youth & School Services](#)
- [Army Community \(ACS\)](#)
- [Employee Assistance Program](#)
- [Education/Training Review](#)
- [Defense Commissary Agency/PX](#)

- [Arsenal Archive](#)
- [Healthbeat](#)
- [Notes for Veterans](#)
- [Car Pooling Announcements](#)
- [Around the Q.C.](#)



No Place Like Home: Separation due to a job transfer can be tough on a family. When the Tacom Operation moved from Rock Island Arsenal to Michigan, Matt Comeaux transferred to the Detroit Arsenal. That was in 2011. Matt's wife Lisa and the children did not go along. So, Matt came home from Detroit almost every weekend to East Moline to see his wife and kids. That is a six and a half hour commute, one way. Matt says

there were things that needed to be done at home when he returned on weekends. Then, there was the difficulty of trying to squeeze in quality time with the kids and Lisa. During the time he worked in Michigan, Matt missed several family events including birthdays and school activities. His family time was limited because on Sunday, it was back to Detroit. Lisa says the family tried to pack as many activities into the schedule

as possible. Quality time together as a couple was limited. It took Matt about a year and a half to get a job back at the Arsenal. He works there now as a contract specialist. During his career with the Illinois Army National Guard, he also did a one year deployment to Afghanistan. Matt and his



"HOME OF US ARMY LOGISTICS"



family says things are going great. They are back in their routine. He says it's fantastic being home and he could not be happier. ([More](#))

CFC Charity Fair: Come join us on **Nov. 20**, 11 a.m. – 12:30 p.m., for the CFC Charity Fair in Bldg. 60, Heritage Hall. Visit with area charities to learn how they serve our community and how CFC impacts them. Enter to win a free movie gift basket; enjoy baked goods (proceeds to CFC); free popcorn to munch on; Sheridan's will be selling \$4 walking tacos (portion of proceeds will be donated to CFC). The mission of the CFC is to support and to promote philanthropy through a voluntary program that is employee-focused, cost-efficient and effective in providing all federal employees the opportunity to improve the quality of life for all. The charities you support through the CFC focus on people, animals and environments that really need help - including the hungry, homeless, sick, elderly, children and families in need. They may be your relatives, friends, neighbors or co-workers. They may be down the street, across the country or



across the globe. CFC is the world's largest and most successful annual workplace charity campaign, with more than 300 CFC campaigns throughout the country and internationally to help to raise millions of dollars each year. Pledges made by federal civilian, postal and military donors during the campaign season support eligible non-profit organizations that provide health and human service benefits throughout the world. The CFC was started in 1961 by President John F. Kennedy and is the only authorized solicitation of employees in the federal workplace for charitable organizations. ([Website](#)) ([Facebook](#))

ASC Commemorates Veterans Day at Area Events:

In keeping with a long-time tradition, senior leaders from the Army Sustainment Command, and several other organizations here, ventured into the community to support 18 Veterans Day events this year. Maj. Gen.

John F. Wharton, commanding general, Army Sustainment Command, was the keynote speaker at the Rock Island National Cemetery; Col. Daniel G. Mitchell, deputy commander, ASC, spoke at the Hero Street Monument in



Upcoming Dates

Nov. 11-Dec. 9: FEHB Open Season

Nov. 14: ACS/USO Open House, Bldg. 110, 1st Floor, SE Wing, 10 a.m.-2 p.m.

Nov. 16-22: CBWTU Muster

Nov. 18-19: Installation-wide Army Audit Readiness Training, Baylor Conf. Rm.

Nov. 18-22: Transition Assist. Program, Bldg. 56

Nov. 20: Free Winter Safety Vehicle Inspections, 11 a.m. - 1 p.m., 2:30-5 p.m., Memorial Park

Nov. 20: Winter Weather/Vehicle Safety Awareness Day, 10:30 a.m.-12:30 p.m., Bldg. 60, Heritage Hall

Nov. 21: American Education Week Open House, 11 a.m. - 1 p.m., Bldg. 56, Rm. 118

Nov. 21: Garrison Town Hall/Thanksgiving Celebration, 10 a.m., (reduced svcs)

Nov. 26: National American Indian Heritage Observation, 1 p.m., Bldg. 60, Heritage Hall

Nov. 28: FMWR Thanksgiving Day Buffet, Arsenal Island Clubhouse

Nov. 28: Thanksgiving Day Holiday (*Federal Holiday*)

Dec. 5: FMWR Tree Lighting Ceremony, 11 a.m., in front of Bldg. 60.

Dec. 5: Arsenal Island Clubhouse Open House, 2:30 p.m.

Dec. 5: Right Arm Night, 4:30 p.m.

Dec. 5: USO Holiday Reception, 3-5 p.m.

Dec. 5/6-13: Trees for Troops, Memorial Park

Dec. 7: RIA Installation Holiday Reception

Dec. 10-12: DA Photo Studio on RIA

Dec. 11: Tenant Senior NCO Meeting, Arsenal Island Clubhouse, 11:30 a.m.

Dec. 12: JMC Holiday Reception, Quarters One

Dec. 14: Wreaths Across America, 11 a.m., Rock Island National Cemetery

Dec. 14: USO Discovery Kids, Christmas with the Animals, Trinity Lutheran Church, 1 p.m.



Silvis, Ill., Command Sgt. Maj. James E. Spencer, ASC, addressed the crowd at American Legion Post 227 in East Moline, Ill.; and Col. William M. Krahling, commander, Distribution Management Center, ASC, spoke at American Legion Post 246 in Moline, Ill., Nov. 11. ([More](#))

Veterans Have Earned Our

Gratitude: Veterans Day is the day our nation has set aside for honoring those who have served our nation in uniform, both past and present. America owes our veterans — from every generation — gratitude and support. Let us all renew our pledge to honor those who serve and fight for us with such bravery and distinction. ([More](#))



Quad-Citians Salute Those Who Have

Served: Rodney Fink of Bettendorf will never forget what his son told him when he was 10 years old. "He told his mom and me he was put on this Earth to serve



his country." Participating in Davenport's Veterans Day parade, Fink carried a poster with his now-grown son's photograph. ([More](#))

Clock Ticking on Budget Deal; **Defense Spending Still Unresolved:**

The House and Senate are only \$90 billion apart on reaching a deal on the \$3.5 trillion federal budget for 2014, but closing that gap is proving difficult because nobody is budging. Delays in getting an agreement are a growing concern for lawmakers, especially members of the House and Senate appropriations committees who are trying to pass 2014 spending bills by Jan. 15 to avoid another shutdown and prevent \$109 billion in sequestration cuts that would lop \$53 billion from the defense budget. ([More](#))



Archuleta Looks to 'Forge a New **Pathway' to Better Engage**

Federal Workforce:

Just a week into the job and confronted with signs of the sagging morale of the federal workforce, new Office of Personnel Management Director



Katherine Archuleta said she wants to take steps to make sure federal employees remain engaged in their work. ([More](#))

Pay Freeze, Sequestration Take Bite **Out of Employee Satisfaction, OPM**

Survey Reveals: Frustrations over federal pay, budget cuts and uncertain agency funding have weakened federal-employee satisfaction, according to the Office of Personnel Management's Federal Employee Viewpoint survey released Friday. For the second year in a row, overall employee satisfaction scores fell, dipping below 60 percent this year. ([More](#))



CBO: Federal Compensation Cuts

Could Save Billions: The government could save almost \$280 billion during the next decade by paring the size of the federal workforce, spending less on federal pay raises and pensions, and adopting a more conservative inflation gauge to calculate cost-of-living adjustments for civilian retirees and other participants in federal



benefits programs, the Congressional Budget Office said in its latest rundown of deficit cutting options. ([More](#))

Senators Propose to End Defined Benefit Pensions for New Federal Employees:

Senators Richard Burr (R-NC), Tom Coburn (R-OK), and Saxby Chambliss (R-GA) have reintroduced legislation that would end the defined benefit pension portion of the Federal Employee Retirement System (FERS) for new federal government hires starting six months after enactment. Current federal government employees and retirees would not be impacted by the changes. ([More](#))



Say Good-Bye to the FERS Annuity Supplement:

The FERS annuity supplement will end. We do not know when, we do not know whether existing employees will be “grandfathered,” and we have no real idea how much money will be saved by terminating this benefit. Nevertheless, we are fairly certain it will end. Given



the uncertainties, compounded by the complexities of calculating the individual supplement, is it possible to make informed projections to be used for planning by individual employees? Yes, but these projections are not definitive. Projections must be taken with a grain of salt, as it were. ([More](#))

Some Military Outreach Programs Being Cut:

The Navy’s daredevil Blue Angels and the Air Force’s Thunderbirds will be back at air shows across the country through the coming year. But continued budget cuts mean the military won’t participate in some 1,000 other community events. The Pentagon plans to spend \$129 million in the new budget year on community activities such as Navy port visits and military band, Blue Angels and Thunderbirds performances. ([More](#))



OPM Survey: Oldest Federal Employees Most Satisfied, Engaged Workers:

The oldest federal employees are also the most satisfied and engaged workers, according to the Office of Personnel Management's annual Employee Viewpoint Survey. The

overall satisfaction score for so-called “traditionalists,” those federal employees born in 1945, was 67 percent — more than 8 percentage points higher than the governmentwide average. The oldest feds, who make up about 1.7 percent of the federal workforce, are also more engaged in their work, scoring 70 percent overall on a combination of metrics denoting engagement — compared to 64 percent for the broader federal workforce. ([More](#))

Head of Army Warns of Cost of Sexual Assault Plan:

The head of the Army said Wednesday that taking decisions on prosecuting serious crimes away from commanders would be costly and harmful to the military as the Senate's chief sponsor of



changing the justice system signaled that she may scale back her effort. Gen. Ray Odierno, chief of staff of the Army, criticized the proposal from Sen. Kirsten Gillibrand, D-N.Y., ahead of an expected Senate vote on the measure that would alter decades-old laws on



how the military deals with crimes within its ranks. ([More](#))

Blood Drive: The Mississippi Valley Regional Blood Center is hosting a blood drive in the Caisson Room (First Floor, Bldg. 60), on **Friday, Nov. 15 & 15, 10 a.m. – 12 p.m.**



If you would like to donate at this blood drive, feel free to e-mail SHoegerl@mvrbc.com with the time you'd like to schedule, or call their Donor Center at (563) 359-5401, ext. 119. A **2nd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **6:30 p.m. on TBD**. A **3rd shift** blood drive will be held in the Cafeteria (Bldg. 210) beginning at **2:15 a.m. on Dec. 6**. To sign up for a blood drive held on either the 2nd or 3rd shift, donors should contact their shift supervisor. **DMC Blood Drive** in Bldg. 350: This drive will be held **Thursday, Nov. 21, 1-4:30 p.m.** The drive will be held in the bus parked in front of Bldg. 350. Anyone who would like to donate at this blood drive may contact Master Sgt. Cronise at (309) 782-3711. **Vista Technical Services Blood Drive** in Bldg. 350: This drive will be held Wednesday, **Dec. 11**, 12:30-4 p.m., in the MVRBC Donor Bus parked at Bldg. 350. To donate,

please contact Paula Johnson at (309) 782-0562 or visit bloodcenterimpact.org. ([Blood Transfusion En Route to Trauma Center Keeps Navy Vet Alive](#))



Charlie Corpuscle Says, "On behalf of the patients we serve, Thank You to all of our Arsenal Blood Donors! Not a donor? New donors are always welcome!"

The Army encourages its employees to volunteer as candidates for any of the variety of medical donor programs, including blood, bone marrow, and organ donor/transplant programs. For additional information [click here](#).

VIOS Schedule for November, December, January, February, March, April and May: Official DA Studio Photography (DA, Government passport and command photos) will be offered at Rock Island Arsenal **Dec. 10, 11, and 12; Jan. 7, 8, and 9; Feb. 11, 12 and 13; March 11, 12 and 13; April 8, 9 and 10; and May 6, 7, and 8.** Appointments may be scheduled online by submitting a DA Form 3903



Work Request using the Visual Information Ordering Site at www.vios.army.mil for the available times: 7 a.m. - 3:40 p.m. Click on "Frequently Asked Questions" on the VIOS site for more information. Walk-in appointments are not available. Photographs will be taken at the Photo Studio (Bldg. 56, basement, by elevator). Priority is: 1. Active duty Soldier's DA photos; 2. Official Government passport photos; 3. Official command photos; 4. DA photos for Army Reserve and Army National Guard Soldiers (not on active duty). The 8"x10" head and shoulders - command photos will be printed and available digitally. Additional prints can be ordered in VIOS. To obtain an official Government passport photo: 1. Schedule a passport Photo appointment at the RIA VIOS website. 2. Go to Transportation to obtain a printed DA Form 3903, Multi-Media/Visual Information Work Order, signed by the passport agent in Block 14. 3. Present that DA Form 3903 to the photographer before the passport photo is taken. You will receive two 2" x 2" passport photos. All scheduled dates can be found on the RIA VIOS website FAQ.

Logistics Readiness Center
Organizational Holiday Activities:



The RIA LRC is hosting a Thanksgiving Potluck. Work shifts will be staggered throughout the lunch period. Customers should experience little to no service delays.

Date: **Wednesday, Nov. 20**

Time: **11 a.m. - 1 p.m.**

Logistics Readiness Center Holiday

Activity: The RIA LRC is hosting a Christmas Gathering for LRC employees and family. All LRC activities and services will be closed at 12 p.m. Please coordinate scheduled services in advance with DeShonda Davis-Locke (Personal Property) (309) 782-5602 or Matthew Rosebrough (Supply and Services) (309) 782-1117.
Date: **Wednesday, Nov. 20**
Time: **12-4 p.m.**

Arsenal Island Employee Local

Discounts: *The following discounts are exclusively available to Arsenal Island employees –*

Double Tap

Firearms: Double Tap Firearms offers a 10 percent firearm discount and \$15 firearm transfer fee in Illinois to active duty and retired military personnel in the QCA (🔗). **Bennigan's Rock Island:**



Arsenal employees, service men, service women you are always welcome at Bennigan's in Rock Island, and to show you how much your welcome here, we offer a 25 percent discount off your meal, any day any time (🔗).

Pepperjack's Restaurant & Lounge in Davenport:

Rock Island Arsenal employees receive 20 percent off their Pepperjack's entrée when they present their Arsenal identification card (one discount per ID) (🔗). **New Life Chiropractic Clinic:** Arsenal Island employees, we're offering you a 20 percent discount on our services (🔗).

Goebel Family Dentistry: Active duty members of the military receive a 10 percent discount on all services. All other Arsenal civilian employees who are new patients can receive either the free exam and x-rays or a free whitening treatment on their first visit (🔗). *This information is included for general workforce interest and does not constitute endorsement of the businesses or products.*

Arsenal Attic Thrift Shop

& Boutique: Start your holiday gift buying and decorating by shopping at the Attic. Open Tuesdays, Thursdays and Saturday,



Nov. 16, 9 a.m. - 3 p.m. POC: (309) 782-6977.

Illowa Council Boy Scouts of America:

The Illowa Council Boy Scouts of America from both Iowa and Illinois are now offering a free two-month trial membership through the end



of 2013. Give one of our programs a try and see if it is right for your son or daughter. Program offered through the Illowa Council: • Cub Scouts (Boys 1st-5th Grades) • Boy Scouts (Boys 6th grade-18 yrs old) • Venturing (Coed young men and women ages 14-21) Each program has something unique to offer to the youth of the Quad Cities area. However, character building, leadership skills, and an emphasis on giving back to the community are all characteristics that make up the foundation that is Scouting. For more than 103 years, the movement of Scouting has shaped leaders across this great country. Don't miss this opportunity to be a part of the Scouting community for free. If you are interested, please contact the following individuals: • Illinois Scouting - [Jeff Applegate](#) (563) 349-7413 ([Upcoming Illinois Events](#)) • Iowa Scouting - [Andy](#)



[Green](#) (563) 349-3440 or [Ian Scott](#) (563) 349-8053 ([Upcoming Iowa Events](#))

Arsenal Traffic/Construction

No Arsenal Traffic/Construction related announcements this week.

Building/Space Closures

No Building/Space Closure related announcements this week.

Active Duty/Reserve Zone

Promotions to Stay Steady Despite Plan For End Strength Cuts:

Some enlisted ranks will be trimmed to meet the target for the Army's newly accelerated drawdown blueprint, which calls for the active component to reach 490,000 soldiers by the end of fiscal 2015, two years earlier than originally planned. Some soldiers who remain in uniform will find a new career timeline that allows them less time to move up to the next rank. ([More](#))

DoD to Close Domestic Tricare

Service Centers: The Defense Department will close its walk-in Tricare Service Centers in the U.S., a money-saving move that is part of the reorganization of the military medical system under the Defense Health Agency. Tricare officials said Nov. 14 that the walk-in centers, which provide beneficiaries with face-to-face assistance on claims paperwork, enrollment changes, processing and more, were inefficient and underutilized. ([More](#))

Illinois CPA Society Tax Filing

Assistance to 2013 Deployed

Personnel: Illinois residents that were (or are) in the military and deployed in 2013 may have their taxes filed for free by the Illinois CPA Society. This may be of value to persons not near Rock Island Arsenal, but call us for information or assistance. ([More](#))

TSA PreCheck Information:

After **Dec. 20** the process that Service members use to qualify for TSA Pre✓™ will change. TSA Pre✓™ is a voluntary, expedited security screening process that allows participants to keep on their shoes, belt, and light jacket, and leave laptops and 3-1-1 compliant liquids in their carry-on bags. Under the

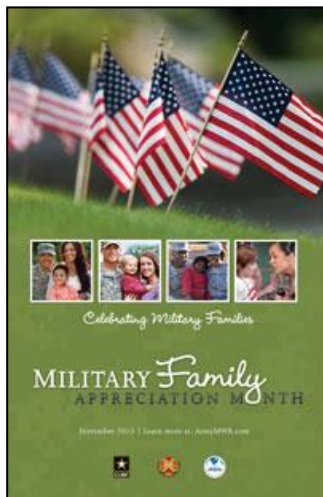
new process, Service members (including Reservists, National Guardsmen, and members of the Coast Guard), will use their DoD ID number as the "Known Traveler Number" when making official travel or leisure airline reservations. Participants will use this new process to use dedicated TSA Pre✓™ security lanes at any of the 100 airports that offer the program. Until the new process is implemented, Members can still participate by presenting their CAC to be scanned and verified at dedicated Pre✓™ security lanes in select airports (see DTMO website or refer to the latest edition of the Dispatch for list) as they do now. This process for participation will be phased out of all airports by **March 31**, so we are encouraging Members to use their DoD ID number starting **Dec. 20**. Another big change is the fact that after **Dec. 20**, Members may use any of the 100 airports that currently offer the Pre✓™ program. This is a significant increase over the nine airports that Members are permitted to use now by presenting their CAC. ([DTMO webpage](#)) ([TSA website](#)) ([FAQs](#))

Warrior Care Month: Warrior Care Month, initiated in 2008, is observed by the military services each November. This is a time to reaffirm a commitment



to the care and support for wounded, ill or injured service members and their families. The theme for this year's joint observance is Warrior Care - Building a Ready and Resilient Force. The Warrior Transition Command is the lead proponent for the U.S. Army Warrior Care and Transition Program. This program enables the Army to provide comprehensive support to wounded, ill or injured Soldiers through medical care, rehabilitation, professional development, and achievement of personal goals. ([More](#))

Military Family Month: Throughout our Nation's history, an unbroken chain of patriots has strengthened us in times of peace and defended us in times of war. Yet the courageous men and women of the United States military do not serve alone. Standing alongside them are husbands and wives, parents and



children, sisters and brothers. During Military Family Month, we celebrate the families who make daily sacrifices to keep our Nation whole, and we remember a most sacred obligation -- to serve them as well as they serve us. Military families exemplify the courage and resolve that define our national character. For their country and their loved ones, they rise to the challenges of multiple deployments and frequent moves -- spouses who care and provide for children in their partners' absence, kids who make new friends and leave known comforts behind. They are the force behind the force, patriots who support their family members in uniform while enriching the communities they call home. ([More](#)) ([StandTo!](#)) ([DoD News](#))

Safety Spotlight

Vehicle Inspection Safety Awareness Day: To better prepare you for winter driving, a Vehicle Inspection Safety Awareness Day will be held on Wednesday, **Nov. 20**. Free vehicle inspections will take place at Memorial Park from 11 a.m. to 1 p.m., and 2:30-5 p.m., and other



awareness information will be available in Heritage Hall from 10:30 a.m. – 12:30 p.m.

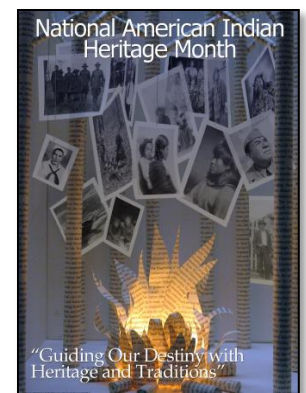
Safety Awareness Day – Winter

Weather / Vehicle Safety: To increase vehicle safety awareness during the winter weather season there will be awareness information available on Wednesday, **Nov. 20**, in Bldg. 60, Heritage Hall, from 10:30 a.m. – 12:30 p.m.



Equal Opportunity Focus

National American Indian Heritage Month Observance: The 2013 Rock Island Arsenal's National American Indian Heritage Month Observance will be held on **Nov. 26**, 1-2 p.m., at Heritage Hall, Bldg 60. Every member of the Island and their families are invited to attend the observance. The



guest speaker will be Professor from the University of Notre Dame, Dr. Scott M. Stevens. Dr. Stevens is also the Director of the Newberry's D'Arcy McKickle Center and a member of the Akwesasne Mohawk Nation. He will be speaking on this year's theme "Guiding Our Destiny with Heritage and Traditions." The theme is decided each year by the Society of American Indian Government Employees. The observance is available in [TEDs](#). To register please use keyword (2013 NATIONAL AMERICAN INDIAN). For additional information or accommodations please contact [Sgt. Raymond Gonzalez](#) at (309) 782-3021. National American Indian Heritage Month celebrates and recognizes the accomplishments of the peoples who were the original inhabitants, explorers and settlers of the United States. In 1990 Congress passed Pub. L. 101-343, which authorized and requested the President to issue a proclamation designating the month of November 1990 as "National American Indian Heritage Month. Congress chose the month of the November to recognize the American Indians as this month concluded the traditional harvest season and was generally a time of thanksgiving and celebration for the American Indians. For more information on National American Indian Heritage Month please

visit The Library of Congress at <http://nativeamericanheritagemonth.gov>. And, for more information on Society of American Indian Government Employees please visit <http://saige.org>. ([StandTo!](#))

Morale, Welfare & Recreation (MWR)



Visit the MWR website at www.riamwr.com for information on all MWR programs. Also [click here](#) to become a fan on Facebook, or Twitter [@golf1897](#), and stay up to date on all the great MWR offerings here at the Arsenal.

November Auto Skills Newsletter:

Check out the [November edition of the Auto Skills newsletter](#) for some great tips on winter vehicle maintenance. If the shutdown and/or furloughs caused you to miss out on the October oil change special, have no fear, we've extended the special through the end of November. For just \$20 you can get a standard, full service oil change (excludes diesel and full synthetic oils). Call (309) 782-8631 to schedule an appointment.

No Limit, Deep Stack, Re-Entry

Texas Hold 'Em Tournament: Get your poker face on and see if you have what it takes to bet, Saturday, **Nov. 16**, at 5 p.m., bluff and win your way to the championship. Doors open at 5 p.m. and the cards start flying at 6:30 p.m. The cost for this tournament is \$50 with a \$20 add-on. First place is guaranteed to walk away with \$1,000 and payouts via visa gift cards to the rest of the top 10 percent. Lots of other prizes and giveaways. Call (309) 782-4372 for more info. ([Flyer](#))

Wine Tasting at the Arsenal Island

Golf Clubhouse: Join your friends at the Arsenal Island Golf Clubhouse for a delightful evening of wine, hors d'oeuvres and good conversation. You'll be able to sample over 24 different wines. Tickets are available for \$20 in advance or \$25 at the door. Call (309) 782-4372 for more info and to purchase advance tickets. ([Flyer](#))

Date: **Friday, Nov. 22**

Time: **7-10 p.m.**

Thanksgiving Dinner Buffet at the

Arsenal Island Golf Clubhouse: Join us Thursday, **Nov. 28**, 10:30 a.m. - 2 p.m., at the Arsenal Island Golf Clubhouse for a delicious all-you-care-to-eat Thanksgiving dinner buffet



featuring all of your favorite holiday dishes. Leave the hassle of planning, shopping, cooking, and clean-up to us so you can spend more time with your family and friends this holiday. Cost is \$20.95/adult and \$10.95/child (10 & under). Please call (309) 793-1601 for more info and to make your reservations. ([Flyer](#))

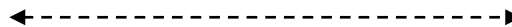
Tree Lighting Ceremony: Mark your calendar and don't miss this opportunity to help the RIA community usher in the holiday season with our annual Tree Lighting Ceremony Thursday, **Dec. 5**, 11 a.m., in front of Bldg. 60. There will be carolers, cookies, cocoa and of course a visit from jolly old Saint Nick complete with complimentary keepsake photos with Santa. After we light the Garrison tree there will be lots of door prizes given away and there will be a special drawing for those who bring a new, unwrapped gift for our Toys for Tots drive. Call (309) 782-5890 for more info. ([Flyer](#))

Holiday Open House & Right Arm Night: The holiday cheer from the Tree Lighting Ceremony continues at the Golf Clubhouse as we welcome you to come in and enjoy complimentary light hors d'œuvres, holiday music & decor and drink specials aplenty Thursday,

Dec. 5, with the open house beginning at 2:30 p.m. Right Arm Night kicks off at 4:30 p.m. so finish up the workday by bringing your employees in for a drink to say thanks for all that they do for your organization. Open to the public and everyone is welcome so this will be a great event to meet and mingle with other folks from around the RIA and Quad Cities communities. Call (309) 782-6319 for more info. ([Flyer](#))

Army Navy Game Viewing & Celebration: Call up your service buddies and come cheer for your team as the Army

Black Knights take on the Navy Midshipmen in the 114th annual grudge match between these two fierce rivals Saturday, **Dec. 14**. The doors to the Golf Clubhouse will open at 12:30 p.m. and kick-off is at 2 p.m. There is no cover charge, we'll be showing the game on multiple big screen T.V.'s and there will be free wings all thanks to our great sponsor, the Rock Island Arsenal Chapter of the Association of the United States Army, (AUSA). Call (309) 782-4372 for more info. ([Flyer](#))



MWR Leisure Travel Office

Office Hours: Monday through Friday, 9 a.m. – 3 p.m., Bldg. 60. The office is closed for lunch from 10:30–11 a.m., (309) 782-5890. ([email](#)) ([website](#))

Military Ticket Voucher Program: Leisure Travel will not be ordering or making reservations through this program. Changes are being made in the way of ordering tickets and hotel reservations. Once changes are in place ordering will resume. For more information please contact the office (309) 782-5890.

MWR Woodfield Mall Bus Trip: Don't wait till the last minute to do your holiday shopping this year. Join MWR Saturday, **Nov. 16**, 6:30 a.m. – 8 p.m. (approx.), for a fun day of shopping at the Schaumburg Woodfield Mall and leave the hassle of driving, traffic and parking to us. Surround yourself with fashion, food, and fun with the most distinctive collection of shopping, dining and entertainment. Woodfield has the finest collection of department stores and specialty shops in the Great Lakes region including Nordstrom, Macy's, Lord & Taylor, JcPenney, Sears and nearly 300 stores and restaurants. Seats are filling up fast. Price is \$41/person



which covers transportation only. Bus departs from COL Davenport Pavilion area at 6:30 a.m., and departs from Woodfield Mall at 5 p.m. Call (309) 782-5890 for more info and to sign up. ([Flyer](#))

Outdoor Rec. Size Up for Winter

Event: Come into Outdoor Recreation (Bldg 333, next to the PX) on Saturday, **Dec. 7**, 8 a.m. - 12 p.m., and get sized up for all your winter sports gear to include skis, snowboards, boots, poles, ice skates, cross country skis and more. Outdoor Rec. will keep your sizes saved for future reservations so you'll never need to waste time getting fitted again, just make your reservation, grab your gear and get your recreation on. Call (309) 782-8630 for more info. ([Flyer](#))

MWR Christmas BUNCO: Holiday Bunco It's Back! Join us in Heritage Hall (Bldg 60) for Bunco, Christmas edition. Cost is \$5/player. There will be door prizes and a special drawing for women's shelter donation participants. For a list of currently needed items for donations items please visit www.christiancareqc.org/docs/needlist.pdf. To RSVP call (309) 782-5890. Date: **Thursday, Dec. 12** Time: **6-8 p.m.**

Chicago Loop/Water Tower Bus Trip:

Join MWR Saturday, **Dec. 14**, 6:30 a.m. – 8 p.m. (approx.), for an exciting day of shopping (or whatever you'd like to do) in downtown Chicago. Price is \$41/person and which covers transportation only. Bus departs from COL Davenport Pavilion area at 6:30 a.m., and departs from Chicago at 5 pm. Call (309) 782-5890 for more info and to sign up. ([Flyer](#))

Circa '21: A Christmas Story: The

Musical: Set in the 1940's in the fictional town of Homan, Indiana, the musical follows 9-year-old Ralphie Parker and his quest for the Holy Grail of Christmas gifts - an official Red Ryder Carbine-Action 200 Shot Range Model Air Rifle. Seats on sale for \$45 (dinner & show) until **Nov. 30**.

Date: **Saturday, Dec. 14**
Time: **6 p.m.**

Adler Theatre Presents: Mamma Mia:

A mother. A daughter. Three possible dads. And a trip down the aisle you'll never forget. More than 45 million people all around the world have fallen in love with the characters, the story and the music that make Mamma Mia. Reduced tickets on sale until **Nov. 15**. \$65 each

Date: **Tuesday, Dec. 17**

A Fairy Tale Christmas: Circa 21 presents a children's musical A Fairy Tale Christmas. Cinderella, Snow White, and a host of other fairy tale characters are getting ready for the Crystal Christmas Ball. However, a new person, doesn't quite follow the rules. On sale while seating lasts until **Dec. 7**. Cost is \$10.50 per person. Date: **Saturday, Dec. 21** Time: **9:30 a.m.**

Adler Theatre: Green Day's

American Idiot: Direct from Broadway, the smash-hit musical American Idiot tells the story of three lifelong friends, forced to choose between their dreams and the safety of suburbia. Their quest for true meaning in a post-9/11 world leads them on the most exhilarating theatrical journey. On sale until **Dec. 6**. \$58 each. Date: **Wednesday, Jan. 8**

Davenport Cinemark 53rd 18 + IMAX Theatre: Leisure Travel is selling Platinum Supersaver Prepaid Admission Tickets to Davenport Cinemark 53rd 18 + IMAX theatre (formally 53rd cinemas and RAVE cinemas) These tickets have no restrictions or expiration date.

←-----→



Child, Youth & School Services



Family Movie & Potluck Night: Event will be held at the School Age Center, Saturday, **Nov. 23**, 5-8 p.m., in Bldg. 150, and is open to all registered Youth & School Age patrons and their families. This is a family event, so we do ask that children are accompanied by their parents/guardians. Please bring a dish to share. POC: (309) 782-1651.

Parent Central Services Office

Temporary Move: In order to complete necessary renovations to the Parent Central Services Office (Bldg. 110), the office will be temporarily located down the hall between **Nov. 25 and Dec. 16**. Please plan ahead and conduct any business that you possibly can before or after this period, e.g. pass renewals, new registrations, etc. We will still be able to serve you from the temporary office but it may just take a little longer so try to take care of urgent business early. Please call (309) 782-0791 for more info and to schedule appointments.

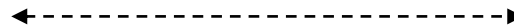
Mother/Daughter Self Defense: This class is designed to teach females self defense in order to protect themselves. The ages for this class are 12-18 years. Mr. John Morrow will be the instructor

and the cost is \$20. This class will be held in Bldg. 110. Please call (309) 782-0791 to enroll.

Date: **Saturday, Nov. 16**

Time: **3-4:30 p.m.**

Summer Day Camp: With winter still approaching, it seems odd to be thinking of summer. However, if you are wanting your child to be eligible to participate in the Summer Day Camp Lottery, you must have your child registered with Child Youth and School Services by COB on Friday, **Dec. 20**. If you have any questions, please call the School Age Center at (309) 782-5019.



Army Community Service (ACS)



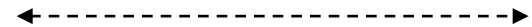
ACS is located in Bldg. 110, 1st floor SE; Visit our [ACS website](#) or phone (309) 782-0829. Call ahead for special accommodations when attending ACS classes. [Find us on Facebook click here.](#) 24/7 Sexual Assault Hotline: (309) 229-8412



Family Resiliency Training: Hunt for the Good Stuff: The good folks at Army Community Service are proud to present

this insightful and valuable training for DA Civilians and their Families Tuesday, **Nov. 19**, 9 a.m. - 11:30 a.m., in the ACS Training Room, Bldg. 110, 1st Floor, SE. During this free 2.5 hour course you'll learn helpful techniques and activities to make your Family unit stronger and more cohesive. Please call (309) 782-0829 or [email](#) for more info and to RSVP. ([Flyer](#)) ([StandTo!](#))

Operation: Family Timeout: Four hours of free childcare is available to military families and families of deployed civilian for children ages six weeks to 12 years old. Operation: Family timeout upcoming events will be: **Dec. 14**, at the Davenport YMCA. ([Flyer](#))



Employee Assistance Program



For free, confidential counseling assistance or for information on services that are available, call (309) 782-4357. Normal business hours are from 7:30 a.m. – 5 p.m., Monday - Friday. For additional information on the Employee Assistance Program see [our website](#) or visit us on [Facebook](#). The new location for the EAP/ASAP is Bldg. 56, 1st floor, East.



Seasonal Affective Disorder –

November 2013: The leaves are changing; the first breeze of chilly air comes through your window; and the days keep getting shorter. For many people, the change to winter weather can trigger Seasonal Affective Disorder or what is commonly known as SAD. SAD is a depression that occurs each year at the same time, usually starting in fall or winter and ending in spring or early summer. This mood disorder is often attributed to the lack of light during the colder months of the year. Between 10 and 20 percent of the U.S. population may suffer from mild symptoms associated with the disorder. Three-quarters of those are women. Symptoms of SAD can include: • Excessive sleeping or feelings of extreme fatigue; • Overeating and weight gain during the fall or winter; • Inability to maintain regular lifestyle schedule; • Depression (feelings of sadness, loss of feelings, apathy) and irritability; • Lack of interest in social interactions, losing interest in activities of enjoyment; • Remission of symptoms in the spring and summer months. SAD is a diagnosable disorder that may require treatment, so this November the Rock Island Arsenal Employee Assistance Program (EAP) invites you to take advantage of free,

confidential short-term counseling, referral services and follow-up. The RIA EAP is located in Building 56, 1st floor, East Wing. You may contact the EAP by calling 782-4357 to schedule an appointment. You can also access an anonymous free mental health screening at www.militarymentalhealth.org.

Grief Support Group: The Employee Assistance Program is sponsoring a support group for individuals who are mourning the death of a loved one. The group meets on Tuesdays, 3-4 p.m., in Bldg. 56, 1st floor, Room 122. For more information contact Rita Baugh, EAP counselor, at (309) 782-2552.

Stress Management: Do you want to learn effective strategies to reduce stress? Sign up for a Stress Management Class. **Dec. 17, Jan. 28, Feb. 25,** Tuesdays, 10:30–11:30 a.m., Bldg. 56, 1st Floor, Room 122, Call (309) 782-4357 to reserve your spot. Sponsored by: Employee Assistance Program.

Understanding PTSD: Classes are being offered for those who wish to learn more about the nature and treatment of Post-Traumatic Stress Disorder **Nov. 26, Dec. 10, Jan. 14, Feb. 11,** Tuesdays, 10:30–11:30 a.m., Bldg. 56, 1st Floor, Room 122. Call

(309) 782-4357 to reserve your spot. Presented by the Rock Island Arsenal Employee Assistance Program.

PTSD Support Groups: Are you or a loved one experiencing symptoms of Post-Traumatic Stress Disorder? The Rock Island Arsenal Health Clinic and Employee Assistance Program are sponsoring support groups to assist you through this difficult challenge. Contact Rita Baugh, EAP counselor, at (309) 782-2552 for more details.

Smoking Cessation Group: The Great American Smoke-Out is Thursday, November 21st. What better time to kick the habit. The Employee Assistance Program offers an educational support group for people who would like to quit smoking. The group meets each Wednesday, 3-4 p.m., at the EAP office in Bldg. 56, 1st floor.

Education/Training Review

The Rock Island Army Education Center is located in Bldg. 56, 1st floor, west end of the building. Office hours: 7:30 a.m. - 4 p.m., Monday - Friday. Phone: (309) 782-2065 Fax: (309) 782-



7901. Please visit our [website](#) to learn more.

Planting Seeds of Knowledge – RIA Education Center Hosting Education Week Open House:

The Army Education Center at the Rock Island Arsenal will be celebrating American Education Week (**Nov. 18-22**) by "Planting Seeds of Knowledge." The center will be hosting an Open House 11 a.m. to 1 p.m., Thursday, **Nov. 21**, in Bldg. 56, Room 118. There will be punch and cookies provided, and visitors may take home a seedling plant (while supplies last). While there, Soldiers may also check out opportunities for furthering their education through the GoArmyEd tuition assistance program and other military offerings. The Army theme for this year's American Education Week is "Army Continuing Education – Strength and Resiliency through Education." The observance reinforces the Army's commitment to provide quality education for soldiers worldwide. The Army Continuing Education System offers a variety of programs to assist Soldiers in establishing and achieving their education goals, keeping in mind their demanding operational assignments. Soldiers can now earn a degree through distance-learning programs, pursuing

their education no matter where they are in the world. For even greater flexibility, the GoArmyEd tuition assistance program is available 24/7 through its Web site portal. American Education Week was established in 1921, growing out of a concern that a fourth of the country's World War I draftees were illiterate. The National Education Association worked in conjunction with the American Legion to find ways to generate public support for education and increase awareness of its importance. AEW is held each year on the week prior to the week of Thanksgiving. POC for this is Alison Hemmert, (309) 782-2065, Education Services Officer, Army Education Center.

ACES Newsletter Hits the Streets: The RIA Army Education Center's Army Continuing Education System November edition of its newsletter is out on the streets. [The quarterly publication is available for viewing off of the AEC's website.](#)

Get Ready, Get Set, Go-Go-Go to School!: Seeking or Pursuing a College Degree? Have Questions? Meet with school representatives and learn about educational opportunities in the Quad Cities, 10 a.m. – 2 p.m., Bldg. 56, 1st

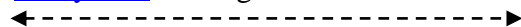
Floor, Room 121. • Ashford University: (563) 508-0927, **Jan. 24**; • Black Hawk College: (309) 796-5191, **Jan. 9**; • Eastern Iowa Community College: (563) 441-4060, **Dec. 5**; • Kaplan University: (563) 441-2485, Nov. 14; • Saint Ambrose University: (563) 333-6170, **Jan. 16**; • Trinity College of Nursing & Health Sciences: (309) 779-7812, **Nov. 21**. Military personnel, family members, and DoD civilians are welcome to stop by. No appointments are necessary. Education Center POC: Guidance Counselor, [Lorrie Blumberg](#), (309) 782-6343.

New Study Program Preps College-Bound Service Members:

Are you truly ready for college? Think you might need a little refresher in math or English? Or could the knowledge you've already gained let you receive credit for courses you will need for your degree? A new online program offered through DANTES and Peterson's Education Services can help prepare you for college –and perhaps save you time and money on your education. And it's available at no cost to military members and their families. The College Placement Skills Training assists students in building their academic skills or preparing for exams such as CLEP, ACT, SAT, LSAT, GRE or GMAT. The



CPST serves as a companion tool and resource to the Online Academic Skills Course, which prepares service members for military advancement testing. This new prep program focuses on boosting math and language skills for those who are college-bound. The tutorials are self-paced and customized so students may focus on the subject areas where they are the weakest. The lessons include interactive exercises, video game-style Q&A, flash cards, quizzes and more. Students have the option of choosing a shortened version of each program, or tackling the more comprehensive tutorials. In addition to the two primary subject areas, the site also offers study tips and test-taking strategies to help students be successful academically. To access CPST, [log onto the system](#) and register for the service.



Commissary / Exchange



The [Rock Island Commissary](#) and the [Exchange](#) are for active duty military and retirees only. There are exceptions for select items (mainly consumable) at the Exchange that can be purchased by Arsenal Island employees with ID. The Commissary makes fresh fruit baskets daily for

you! Shopping for someone who has everything? Problem solved. They are hungry for fresh fruit. Just buy them a fruit basket and relax. Ask our friendly staff to make you one or order one in advance. Check out local specials and get POC information [HERE](#). For information on this and other Commissaries, visit: www.commissaries.com ([Facebook](#))

Your Commissary Offers More Savings for the Holidays: Military families facing the annual ritual of planning their holiday menus need look no farther than their commissary for quality and savings. "Your commissary has the most affordable, high-quality, name-brand ingredients for the perfect holiday meal," said Randy Chandler, the Defense Commissary Agency's sales director. "Whether the menu is a traditional roast turkey and potatoes, or a vegetarian meal with organic fruits and vegetables, you can find everything you need at your commissary to prepare a memorable holiday smorgasbord. "Our industry partners are offering greater savings than ever before through high-value coupon booklets," he added. "Some promotions include a free turkey opportunity and there's a promotion benefitting wounded warriors." Throughout November, the

commissary's industry partners - vendors, suppliers and brokers - are collaborating with stores to offer discounts beyond everyday savings. Overseas stores may have substitute events for certain promotional programs.

Commissaries to Start Scanning IDs:

Commissaries will soon begin scanning customers' Department of Defense ID cards at checkouts as the Defense Commissary Agency continues its pursuit to deliver a 21st century benefit. The commissary at Fort Lee, Va., became the first store to scan ID cards on Oct. 22 as the first part of an agency-wide rollout to all stores that begins Nov. 10 and will be completed by mid-January. Commissary shoppers are used to showing their ID cards to establish their eligibility to use the commissary. By scanning the ID at checkout, DeCA will no longer need to maintain any personal information on customers in its computer systems, such as the system used for customers who write checks. Scanning will also help improve the commissary benefit for all patrons, according to Joseph H. Jeu, DeCA director and CEO. "In addition to verifying customers as authorized commissary patrons, we'll gain information that will give us a better understanding of our patrons, allowing



the agency to provide the commissary benefit more effectively and efficiently," Jeu said. Cross-referenced with other DOD data, the scan data will give DeCA useful information about patron usage, by military service, along with customer demographics that does not identify specific personal data of an individual. This will eventually help the agency identify shopping needs and preferences - information that is essential in today's retail business environment. It will also allow more accurate reporting to the military services on commissary usage. The demographic information DeCA will use is strictly limited to: card ID number, rank, military status, branch of service, age, household size and ZIP codes of residence and duty station. DeCA will not be using any personal information such as names, addresses or phone numbers. "The methods, processes and information we'll use will not compromise our customers' privacy - they can be sure of that," Jeu said. "We're putting technology to work to better understand our customers and ensure the commissary benefit continues to remain relevant to them now and in the future."

Commissaries Honor Vietnam Vets With Special Events: During the Veterans Day holiday weekend,

commissaries worldwide will honor all veterans, particularly those who served during the Vietnam War, with commemorative events, special sales promotions, giveaways and food demos. The tribute to Vietnam-era veterans is linked to the introduction of the 50th Anniversary Vietnam War Commemoration Flag, said Rogers E. Campbell, DeCA's executive director of sales, marketing and policy. "The flag recognizes the service, valor and sacrifice of our military members who made it possible for America to remain strong and safe as a defender of democracy worldwide," Campbell said. "We hope that every time a Vietnam War veteran and their family sees this flag, they will know that a grateful nation remembers, thanks and honors them." In addition to commemorative events in the stores, commissary customers will find discounts on name-brand items thanks to special promotions that run from Oct. 24 to Nov. 13. Throughout this promotional period, DeCA's industry partners - vendors, suppliers and brokers - are collaborating with commissaries to offer discounts beyond everyday savings. "It is with great honor that your local commissary serves our nation's veterans with dignity and gratitude for everything they have done to keep our country

safe," Campbell said. "We cannot thank the Vietnam War veterans and all war veterans enough for what they have done for our country, our Constitution and our families." Customers should check their local commissary for dates and times of commemorative events and the specific sales events offered at their store.

Arsenal Archive

Information for the *Arsenal Archive* is made available by the Rock Island Arsenal Museum. The Museum is open to the public, Tuesday through Saturday, 12-4 p.m. Closed Sunday, Monday, federal holidays, the Friday after Thanksgiving, and Christmas Eve. Admission is free. ([website](#))

This Week in Rock Island Arsenal History – Nov. 11-17: On Oct. 11, 1941, the first Browning machine gun, .30 cal., M1919A4, aircooled, of new manufacture, was delivered to Storehouse W1 at RIA. Liberty (Loan) Day celebration at the RIA on Oct. 13, 1918. On Nov. 17, 1889, Col. James Whittmore assumed command of the RIA. He served as RIA commander until February 1892. On Nov. 18, 1872, an



ice blockade formed in the Mississippi River halting ferry traffic cross the river.

Healthbeat

"FluMist" Vaccines Available for Free at RIA Health Clinic:

The FluMist will be available through the Rock Island Arsenal Health Clinic for free **Nov. 14-22**, 9 a.m. – 12 pm. and 1-4 p.m. There is a limited number available so this will be first come first served. Vaccination with the nasal-spray flu vaccine is an option for healthy* people 2 to 49 years of age who are not pregnant. Even people who live with or care for those in a high risk group (including health care workers) can get the nasal-spray flu vaccine as long as they are healthy themselves and are not pregnant. The one exception is health care workers who care for people with severely weakened immune systems who require a protected hospital environment; these people should get the inactivated flu vaccine (flu shot). FluMist is weakened influenza virus that is sprayed into the nostrils rather than injected into the muscle. Get more information about flu vaccinations: Call 1-800-232-4636 (1-800-CDC-INFO) or visit the CDC's website at www.cdc.gov/flu. Talk to your health-

care provider if you: Are an adult 50 or older or child under 6 years old • Have long-term health problems or a weakened immune system • On long-term aspirin treatment • Pregnant • Have a history of Guillain-Barré syndrome (GBS) • Have ever had a serious allergic reaction to eggs or another vaccine component, or to a previous dose of influenza vaccine.

Notes for Veterans

VA Pushing For Services Via Mobile Devices:

Health care management at the Veterans Affairs Department will eventually be going mobile, according to a key official. Theresa Cullen, the director of health informatics at the Veterans Affairs Department's Veterans Health Administration, said Wednesday at the Armed Forces Communications and Electronics Association Bethesda chapter annual Health IT conference in Bethesda, Md., they are committed to having a framework in place by September of 2017 that supports a variety of programs and offers users mobility. ([More](#))

One Million Now Benefit from Post-9/11 GI Bill:

The Department of Veterans Affairs announced today that 1

million Veterans, Servicemembers, and family members have benefited from the Post-9/11 GI Bill since the program's inception in August 2009. The Veterans Benefits Administration, which administers the program, has distributed over \$30 billion in the form of tuition and other education-related payments to Veterans, Servicemembers, and their families; and to the universities, colleges, and trade schools they attend. ([More](#))

VA Approves \$8.8 Million in Grants to Provide Transportation and Renovated Housing for Homeless Veterans:

The Department of Veterans Affairs has approved \$8.8 million in grants to fund 164 projects in 37 states, the District of Columbia and Puerto Rico to rehabilitate currently operational transitional housing projects and acquire vans to facilitate the transportation needs of homeless Veterans. "President Obama has made eliminating Veterans' homelessness a national priority," said Secretary of Veterans Affairs Eric K. Shinseki. "We want every Veteran who faces homelessness to know that VA is here to help. The Grant and Per Diem Program provides significant assistance to those who need it." ([More](#))



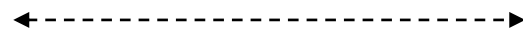
Carpooling Announcements



Submit carpooling announcements via the [Island Insight submission page](#). Please use that page to contact Garrison Public Affairs to take your announcement off once you have found a ride.

Carpool:

- **Ride:** Looking for a ride and pay for gas. Location – Sherwood Forest Apartment, Davenport. Call thru Illinois relay at (800) 526-0857 to contact me at (309) 782-1078 (TTY). ([Email](#))
- **Carpool:** Carpool from Rio, Ill., looking for people to carpool with along 150. Please call (309) 782-5472.
- **Carpool:** New hire with flexible hours seeking to pay for ride from Moline 9th & 53rd, (Franklin School area) (309) 757-5755.



Around the Q.C.



Nov. 23: [Lighting on the John Deere Commons and Holiday Pops Concert](#) (Downtown Moline)

Nov. 22-Dec. 1: [Quad City Arts Festival of Trees](#) (RiverCenter, Davenport)

Nov. 23: [Festival of Trees Parade](#) (Downtown Davenport)

Nov. 28: [Scott County Family Y Turkey Trot](#) (Downtown YMCA, Davenport)

Dec. 1: [19th Century Christmas](#) (Butterworth Center, Moline)

Dec. 6-7: [Christmas in the Village](#) (Village of East Davenport)

Dec 7: [Ugly Sweater & Tie Run/Walk](#) (Downtown Davenport)

Dec. 14: [USO Discovery Kids, "Winter Holiday Celebration w/ the Animals,"](#) Naibi Zoo

Dec. 14: [Jingle Bell Run/Walk 5K for Arthritis](#) (South Park Mall, Moline)

June 21: [Inaugural Micro Brew Mile & 6k Road Race](#) (Moline)



Island Insight



Col. Elmer Speights, Jr., Garrison Commander; Eric Cramer, Public Affairs Officer; Mark Kane, Editor
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